

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Caffeine

Like most people, you probably know someone who just can't start the day without a cup of coffee. They *need* that caffeine. Why do they feel that way? How does caffeine work? Test your knowledge by circling the correct answers in this caffeine quiz.

1. When we regularly drink or eat caffeine, it affects the chemistry of our brains.

T      F

2. Circle all of the effects caffeine can have:

feeling happier

feeling more anxiety

feeling more energetic

feeling jittery

feeling more alert

feeling more sociable

unable to sleep

upset stomach

3. Caffeine can cause panic attacks.

T      F

4. Caffeine can cause your heart to race and your muscles to twitch.

T      F

5. If a person significantly cuts back on the amount of caffeine they consume, they can develop flu-like symptoms and might even start throwing up.

T      F

# caffeine

A vertical strip of various food items including bananas, an apple, broccoli, a glass of milk, a fish, a piece of cheese, and a piece of meat.

## How Much?: A Caffeine Graph

Fill in the graph to show the different levels of caffeine for the drinks and snacks from the **Calculate the Caffeine** sheet. Remember to label your graph.

